



# SELF CARE

## Idea List for MAY



- ☐ Check your medicine cabinet for outdated items and throw them out. Read the section on home pharmacy in your "Take Care of Yourself" book.
- ☐ May is High Blood Pressure Month; get your blood pressure checked.
- ☐ Read the section on hypertension and blood pressure in your Self Care book, and check what is normal, borderline or high blood pressure.
- ☐ Add a new healthy recipe to your family favorites.
- ☐ Listen to your kids; it improves communication, their self esteem, grades, and family cohesiveness.
- ☐ Substitute a soda during the day with nonfat milk. It will give you added protein, calcium, as well as vitamins, minerals, energy, and help prevent osteoporosis.
- ☐ Assemble your own complete first-aid kit and keep your Self Care book handy.
- ☐ Open your Self Care book and learn the self care steps for choking in adults and children.

